

Mount Vernon RECenter September

Group Fitness Schedule 2006

If you don't have a pass to the RECenter a \$6.50 (\$8.70 non-county) drop-in fee will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions or concerns (703) 768-3224.

MON	TUES	WED	THUR	FRI	SAT
No classes on September 4 th .					
Sculpt, Strengthen & Tone 9:15-10:10am Brenda		Sculpt, Strengthen & Tone 9:15-10:10am Brenda			Mix it up! 8:30-9:15am Christie
					
No registration required. Walk into any of these XYO classes.					
	Step, Bosu & Weight Mix 6-6:55pm Dee		Mix it up! 6-6:55 Dee		
					
Visit us on the web at www.fairfaxcounty.gov/parks Please feel free to let us know how we're doing. E-mail me at this address mary.malof@fairfaxcounty.gov					

Group Fitness Class Descriptions

Mix it up!

It's the instructor's choice for a fun and challenging total body workout. This class may include everything from step, to muscle toning, to aerobics.

Sculpt, Strength and Tone

General conditioning that includes an aerobic warm-up, stretching, and total body toning. Light hand held weights may be used. Bring a mat and a towel to each class.

Step, Bosu & Weight Mix

Just as the title says a cardio workout using steps, weights, and Bosu balls. A fun and challenging class designed for all fitness levels.

